PREFACE

God's most beautiful as well as most complicated creation on the earth is "Human Body". The intelligent ways with which this unique creation acts, reacts and interacts is a mere phenomenon. The human body works exactly like an engine. It obeys the laws of physics, principally the law of conservation of energy. Hence, neglect of the body leads to decay, disintegration and destruction, whereas its proper care enables a man to live most and cherish best.

Many researches have established the correlation between the physique or build of the body and motor capacity. The physique which includes the evaluation of size, shape and form of an individual is of prime importance as to know how far an individual can succeed in becoming a top athlete.

Hence, the researcher decide to undertake a research, which would scientifically trace answers to the question, which type of physique or weight category contributes to excellence in any specific sports or game. The researcher is of the sincere opinion that this research would be an added contribution for appropriate selection of training and coaching programmes.

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